The harmony of ing and isms

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Amidst and through

I am a pilgrim
meandering through
vissicitudes
to safe harbour
through bare buccaneers
and through storm.
I am present amidst and through these
for I know
undoubtedly,
that as the calm is within
so shall my reality be, regardless.

I am a pilgrim
passing through
sunrise and twilight
through orange-red and violet
as supernova and as mundane
simultaneously.
either in faith or in doubt alike
through euphoria or misery
I know,
by passing through
I leave something of worth behind

I am a pilgrim
on this one continuous
journey unending
as I ing through
chaos, crisis
and of transcendence
the flux of isms
and through life
propelled by the mover
I know,
I am not alone.

I am not alone

I am not alone
amidst and through
this meander
of meaning and void.
today, I confront, self
through reflecting lens
today, I challenge
my most cherished isms
and the ideologies
through which I exist
in time

I am not alone.
for I have descended
from great ancestry.
amidst and through
a melanin clade
today, I confront, self
to interrogate and negotiate
existence and essence
through the opaque lens
of mundane striving
& being, in time

I am not alone,
this is my song of ascent
through prisms of shared descent
I exist, harmoniously
as grey and white matter
as woman and as black.
for there is a race greater than skin
and there are bonds thicker than blood.
as I meander to tell the tale
of spirit and of living
of being in and through time

Of being in and through time

of being in and through time
through the presence or absence of rhyme
amidst and through the bustle
for to be, is to strive
with the forces that be
in silence or in the assembly
in solitude or in cacophony
of cause and effect
and through order and chaos.
as when deep calls out to deep
for the emergence of the highest self

of being in and through time
the ing and isms shall always serve
as catalyst to the world order
twin unhinged wheels
rolling through quagmire
into an arrival of hope.
the ing and isms shall always serve
and as catalyst to change our world
it is great to behold how
tensions between structure and spontaneity
come undone

of being in and through time
foundational isms in flux
emerging through fire
tried and tested
in the solemn alchemy of life
a fraternity of
certainty and uncertainty
the greatest secret ever told
is this, to be is to ing
and to ing is to ism
the harmony of both, is to have lived

The harmony of both, is to have lived

the harmony of both, is to have lived
through changing seasons
of essence and of existence
and of man's awakening
to self, to highest self
motions from base to climax
of society and of self
meandering through
seeking harmony within
for to be is to seek
to be is to be meek

the harmony of both, is to have lived
knowing that the unknowns abound in plethora
in inging, questions exceed answers
and this provokes resonance
reverberating through age and time
through the presence or absence of rhyme
to find harmony
within self, within the highest self
is to have lived.
harmony of ing and isms
harmony of spirit and soul

the harmony of both, is to have lived
harmony of fate and faith
and of fight or freight
and of solemn acceptance
in knowing the ing is beyond control
harmony is the song of ascent
in bringing isms under subjection
spirit is to ing
soul is to ism
being is spirit to soul
being is ing to ism

Being is ing to ism

being is ing to ism
all I seek is to be
to be ing
in the fullness of essence
& in time.
to be present
to be progressive
to be green
in being, there are isms
and belief systems
which serve to liberate or asphyxiate

being is ing to ism
careful to accommodate
that which serves
and to discard
that which does not add value to soul
careful in choosing
that which is imbibed
and to embrace
the fullness of being and ing
the meander has led me here
to an ocean of abundance and harmony

being is ing to ism
all I seek is to be
to be present and continuous
to be progressive and perpetual
to be evergreen.
being is ing to ism
the harmony of both, is to have lived
amidst and through
I am not alone.
so I add ing to my isms
to arrive at my highest self